WHAT IS CLAIMED IS:

1. A method for frequency selection in a frequency hopping cordless telephone system employing a predetermined frame length, comprising:

identifying active slots in said frame; and

determining a duration of carrier usage based on durations of said active slots.

2. A method in accordance with claim 1, said predetermined frame length comprising ten milliseconds.

3. A method in accordance with claim 2, said slots comprising transmit and receive slots each having duration 833 microseconds.

4. A method in accordance with claim 3, further comprising limiting a use of a particular carrier to less than 400 milliseconds every thirty seconds.

5. A system for frequency selection in a frequency hopping cordless telephone system employing a predetermined frame length, comprising:

means for identifying active slots in said frame; and

means for determining a duration of carrier usage based on durations of said active slots.

6. A system in accordance with claim 5, said predetermined frame length comprising ten milliseconds.

7. A system in accordance with claim 6, said slots comprising transmit and receive slots each having duration 833 microseconds.

8. A system in accordance with claim 7, further comprising limiting a use of a particular carrier to less than 400 milliseconds every thirty seconds.

9. A device for frequency selection in a frequency hopping cordless

telephone employing a predetermined frame length, comprising:

a slot monitoring module adapted to identify active slots in said frame; and

a frequency selection module adapted to determine a duration of carrier usage based on durations of said active slots.

10. A device in accordance with claim 9, said predetermined frame length comprising ten milliseconds.

11. A device in accordance with claim 10, said slots comprising transmit and receive slots each having duration 833 microseconds.